Essay On The Importance Of Yoga

➢ ## Introduction

➢ **Yoga helps in controlling the body, mind, and soul; It creates a balance of physical and mental discipline to calm the body and mind; It helps in managing stress and anxiety and helps you stay comfortable is. Yoga posture power is known for the development of flexibility and self-confidence in the body.**

➢ ## Benefits of yoga

➢ **Improve Muscle Flexibility**

➢ **Corrects body posture and alignment**

➢ **Provides better digestive system**

➢ **Strengthens internal organs**

➢ **Treats asthma**

➢ **treatment of diabetes**

➢ **Helps in the treatment of heart problems**

➢ **Helps in skin glow**

➢ **Promotes strength and stamina**

➢ **Improve concentration**

➢ **Control helps control the mind and thoughts**

➢ **Stay calm to remove anxiety, stress and depression.**

➢ **Helps reduce stress**

➢ **Helps in blood circulation and relaxation Of muscles**

➢ **Weight event**

➢ **Protects from injury**

➢ The benefits of yoga are Yoga focused on your natural tendency toward health and self-medication.

➢ Yoga sessions mainly include exercise, meditation and yoga posture which strengthens the various muscles; it is a good option to avoid medicines, which is harmful to our mental and physical health.

➢ One of the main benefits of practicing yoga is that it helps in reducing stress. Stress is a common practice these days, causing disastrous effects on the body and mind. Due to stress, people suffer from severe problems such as pain, neck pain, backache, headache, rapid heartbeat, heartbeats, discontent, anger, insomnia, and inability to concentrate. Due to time passage, Yoga is really effective in treating these types of problems; it helps in reducing stress by exercising exercise and breathing exercises and improves the mental well-being of a person. Regular practice makes mental clarity and peace, which makes the mind easy

➢ Conclusion
➢ Yoga is a very useful exercise which is very easy to do and it helps to get rid of some serious health problems which are common in today's lifestyle.